

# Disability Services Newsletter

Lower Ground Floor, Neuadd Rathbone, College Road,  
Bangor.

Tel: 01248 383620 / 382032

E-mail: [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk)

May 2019 - Issue 51

## Disability Services shortlisted for a Student Led Teaching Award

Disability Services have been shortlisted for a Student Led Teaching Award for the category Student Service Department Award. Below are the nominees shortlisted for an award. The event will be held on Friday 3<sup>rd</sup> May.

Good luck to all!

### The Assessment Centre

Christina Amor - Mentor

Rhian Graham - Dyslexia Tutor

Fiona Zinovieff - Dyslexia Tutor



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Skills & Employability Service



**Cyflawni drwy  
Brofiad Gwaith**  
**Achieve through  
Work Experience**



**Are you starting your third year in September? If so, it's a good time to start thinking about work experience**

- Do you meet with disability related barriers?
- Do you have a specific learning difference e.g. dyslexia, dyspraxia, ADHD?
- Do you have a mental health difficulty?

**Would you like help finding relevant work experience to develop your employability skills? Are you aged 24 or under? If yes, then the GO Wales Project Advisors are here to help you.**



**gowales@bangor.ac.uk**  
**01248 382578**  
**www.gowales.co.uk**



## 1-2-1 SPECIALIST STUDY SKILLS SUPPORT

For students with Specific Learning Differences

**Provided all year-round, by qualified and registered specialist tutors who are part of the in-house Dyslexia Team, Disability Services at Bangor University.**

Welcoming staff each time you visit our frontline Reception area.



Dedicated 1-2-1 individual rooms that provide a comfortable and confidential location. Each room has 2 computer screens, a laptop and access to assistive technology, a large desk space, dimmable lighting, a variety of multi-sensory teaching aids, a whiteboard and close access to filtered drinking water.

Comfortable waiting room where students can sit on arrival and browse a variety of study strategy worksheets and other resources that are on display. These resources are available for students to take away with them as required.



Tutors are skilled in supporting students to embed the use of assistive technology during their studies.

In this photograph, Dylan is demonstrating the LiveScribe Pen.



## Dyslexia Team Specialist Study Skills Support

Specialist study skills support offers you the opportunity to work one-to-one with a study skills tutor to develop the skills needed for effective study.

- We have specialist study skills tutors who specialise in offering support with maths, statistics and with the Welsh language.
- Your study skills tutor can help you to evaluate your existing strengths and study methods and support you in areas you may find more challenging. They will introduce you to a range of strategies to enhance your learning, such as:
  - **Time Management and Organisation Skills.**
  - **Numeracy:**
    - Help with mathematical language.
    - Understanding of financial topics and statistical concepts.
    - Use of computation aids, IT programs and calculators.
  - **Research and Academic Reading Skills:**
    - Reading efficiency techniques.
    - Strategies for selecting information.
    - Summarising, note-making and note-taking techniques.
    - Effective use of the library.
  - **Writing skills:**
    - Organising, ordering and structuring your ideas.
    - Structuring arguments and expressing ideas.
    - Spelling, grammar and punctuation skills.
    - Constructing sentences and paragraphs, paraphrasing.
    - Editing and proofreading skills.
  - **Presentation skills.**
  - **Revision strategies:**
    - Memorisation strategies.
    - Exam techniques.

Contact [121dyslexia@bangor.ac.uk](mailto:121dyslexia@bangor.ac.uk) if you would like to book a session.

## Dyslexia Team Drop-in Service

### Dyslexia Team Drop-in Service

The Dyslexia Team offers a drop-in service, for students registered with the Dyslexia Team, each weekday during term time starting from **24 September 2018, 12.00 to 13.00**

- ◊ **Monday** - specialist 1:1 support with general study skills.
- ◊ **Tuesday** - specialist 1:1 support with general study skills.
- ◊ **Wednesday** - specialist 1:1 support with general study skills.
- ◊ **Thursday** - specialist 1:1 support with general study skills through the medium of **Welsh or English**.
- ◊ **Friday** - specialist 1:1 support with general study skills **including statistics**.



Just let Gemma or Tracey know that you've come for a **drop-in session** and they will direct you to the right tutor.

February 2019

## Yellow Slips for examinations

Please remember to take a **paper copy of your Yellow Slips to each of your forthcoming exams**.

You will need to attach this to each of your exam answer booklets.

Paper copies of Yellow Slips are available at Disability Services Reception, Lower Ground Floor, Rathbone Building.

Wishing you every success in your forthcoming exams.

## The Study Skills Centre

We offer 1-2-1 appointments, workshops, and Maths and Stats support.

To arrange an appointment for 1-2-1 Writing appointments or for Maths and Stats support visit our [website](#).

For further information or advice contact us:

Website: [www.bangor.ac.uk/studyskills](http://www.bangor.ac.uk/studyskills)

✉ [Studyskills@bangor.ac.uk](mailto:Studyskills@bangor.ac.uk)

☎ 01248 38 2689

Or search for us on [Facebook and Twitter](#).



## Welcome to Teresa our Assessment Centre Administrator

We are very pleased to welcome Teresa Critchlow to our admin team in Disability Services.

Teresa is a long standing member of staff and started working at Bangor University back in September 1989 as a domestic with the Students' Union. Over the past 29 years she has worked hard and gained several promotions. During this time, her roles have included Receptionist for the Students' Union, SU Advice Centre Administrator and for the last 6 years working as part of the Student Support team as Receptionist and co-ordinating meetings and events. No stranger to Disability Services, she provided staff cover in the Assessment Centre amongst other things, making appointments for diagnostic assessments.

A fluent Welsh-speaker, Teresa is looking forward to helping students in Welsh and English.



Teresa

## Disability Adviser Drop-in Session

### Where:

Meeting Room 2, Ground Floor, Rathbone Building, College Road

### When:

Tuesdays 12.00 - 1.00 pm, during term-time

### Disability Advisers:

Ruth Coppell and Stephanie Horne

### Who is it for?

Any student who has a disability-related query or needs some advice on a university related matter.

### Can I book an appointment to see someone at the drop-in?

No appointment is necessary. Students will be seen on a first come first served basis. If however you would like to book an appointment to meet with an adviser at another time, please email: [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk), or phone: 01248 383620 / 382032





### Mental Health

Cheryl Parkinson and Fiona Rickard, Bangor University's Mental Health Advisers, have joined up with Bangor Students' Union to offer students a number of drop in sessions. The good news is that as part of our partnership we have been allocated a good-sized room just off the main hub and immediately next to Reception, which provides a degree of accessibility and privacy.



#### Mental Health Advice Drop In

- **Where?** Pontio, Students' Union, Level 4
- **When?** Wednesdays 2pm-4pm
- **Start date:** 1 May - 29 May 2019

#### This could be for you if ...

- You have a mental health concern or worry?
- You want to have a chat with a Mental Health Adviser or discuss concerns?
- You want to find out about support available?
- You are concerned about increasing levels of anxiety?
- You are losing sleep due to worrying?
- You are experiencing exam or study related stress?
- You have concerns about a friend or housemate?
- Or you just want a bit more time and space?

If you answer yes to any of the above then please come along.

## Student Counselling Service - Welcome to Endaf

The Counselling Service has welcomed a new full time member to the Counselling team- Endaf Evans.

Endaf is an integrative counsellor, and has previously worked as a counsellor and a trainer for CAIS. His areas of expertise include working with substance misuse clients (Drugs and Alcohol) and also behavioural addictions such as gambling, food, pornography, Internet and gaming addictions. He also has experience of working with clients who present with issues relating to HIV / sexual health and also careers guidance.

As Lead Senior Trainer / Group Facilitator with CAIS he ran several accredited courses for Bangor University Lifelong Learning on the Substance Misuse Degree Programme.

In addition to Endaf's role with CAIS, he has also provided group and one to one support to young people from the ages of 11-21 in a group known as Viva, a support group for LGBT+ young people in Conwy and Denbighshire, as well as the GISDA LGBT+ group in Caernarfon. He has worked with a diverse range of young people including those experiencing issues around gender reassignment and trans issues.

Endaf says: *"I am absolutely delighted to have this unique opportunity to work with a diverse range of professionals and young people at Bangor University."*

Last but by no means least, Endaf is a fluent Welsh speaker.

Croeso mawr, Endaf!



Endaf

## Student Counselling Service

Prifysgol Bangor  
Gwasanaeth Cyngori Myfyrwyr



### Ymwybyddiaeth Ofalgar i Fyfyrwyr

ar gael bob bore Mawrth am 11.00-11.50yb  
Ystafell Cyfarfod, Yr Anecs,  
Neuadd Rathbone, Ffordd y Coleg

### Mindfulness Meditation for Students

available every Tuesday morning at 11.00-11.50am  
Meeting Room, The Annexe,  
Neuadd Rathbone, College Road

Ffon/Phone: 01248 388520 Eboost/E-mail: [counselling@bangor.ac.uk](mailto:counselling@bangor.ac.uk)  
[www.bangor.ac.uk/studentservices/counselling](http://www.bangor.ac.uk/studentservices/counselling)

Bangor University  
Student Counselling Service

Prifysgol Bangor  
Gwasanaeth Cyngori Myfyrwyr



### Building Resilience Lectures

*The programme offers psycho-educational input on the common student difficulties of stress, anxiety and low mood. You will receive information about the nature of the topic, enabling a greater understanding and an opportunity to learn effective coping strategies.*

**When:** every Wednesday at 1.30pm

**Where:** Teaching Room 1, Ground floor, Neuadd Rathbone

For more information, visit our website:

[www.bangor.ac.uk/studentservices/counselling/events.php.en](http://www.bangor.ac.uk/studentservices/counselling/events.php.en)

Ffon/Phone: 01248 388520 Eboost/E-mail: [counselling@bangor.ac.uk](mailto:counselling@bangor.ac.uk)  
[www.bangor.ac.uk/studentservices/counselling](http://www.bangor.ac.uk/studentservices/counselling)

Bangor University  
Student Counselling Service

## Big White Wall

People come to Big White Wall for help with a wide range of mental health and wellbeing issues - from anxiety, depression, stress and trauma, to relationship problems and lifestyle challenges.

Undeb Bangor has teamed up with Big White Wall so that all Bangor students, regardless of their location, have access to a range of help with their mental health.

Big White Wall is completely anonymous and although you are asked to log in using your Bangor University username, this is only to verify that you are a Bangor student and that you have access to the service. No one will know that you have used this service.

Accessing Big White Wall is easy, simply visit [www.bigwhitewall.com](http://www.bigwhitewall.com) and log in using your Bangor username and you have access to Big White Wall's services!

**24/7 ONLINE & ANONYMOUS SUPPORT FOR MENTAL HEALTH**

**CEFNOGAETH IECHYD MEDDWL  
24/7 AR-LEIN AC YN DDIENW**

Mae gwybod fod Big White Wall yno 24/7 yn rhoi tawelwch meddwl imi

Knowing Big White Wall is there for me 24/7 gives me peace of mind

**Big White Wall®**

Cewch gefnogaeth Cymryd rheolaeth Teimlo'n well  
Get Support! Take Control Feel Better

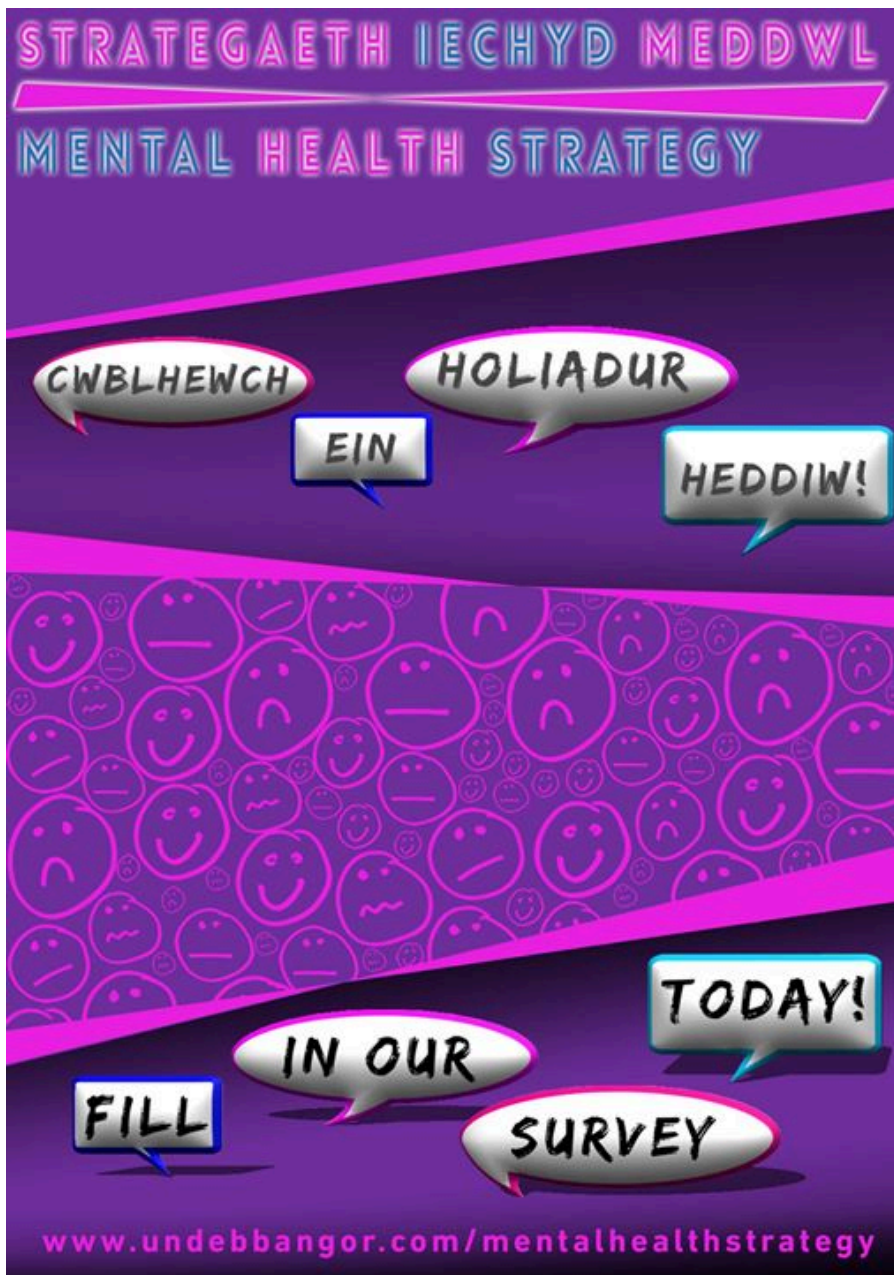


## Student Led Mental Health Strategy

### We need your help!

We're working in collaboration with Undeb Bangor to develop a brand new Student Led Mental Health Strategy and so we need your feedback. Let us know how you would like to shape the strategy by completing our survey

at: <https://www.undebbangor.com/mentalhealthstrategy/>



Thank you!

## Student Housing Office

The Student Housing Office have created a handy checklist, with the basics of Moving Out of your student property, to help you to ensure the day goes well:

[www.bangorstudentpad.co.uk/Local](http://www.bangorstudentpad.co.uk/Local)



## Support Worker Timesheet Approval Reminder

Teaching ends on Friday, 3rd May. Please make sure you act on all emails from Randstad, using the Opus system to consider any outstanding support work claims. We know that the exam period can be a busy time, but we will need to process payment for your support workers before people start heading home for the summer.

## Struggling financially over Summer?

The University has a fund set aside to help students who face unexpected financial crisis.

The Hardship Fund is available to all students whilst they study.



To apply contact the Money Support Unit, 1st Floor, Neuadd Rathbone. For further information about this fund please call or visit the Money Support Unit.

☎ 01248 383566 / 383637

✉ [moneysupport@bangor.ac.uk](mailto:moneysupport@bangor.ac.uk)

<http://www.bangor.ac.uk/student-services/moneyadvice>

## Student Finance 2019/20

If you are returning to University next year, you need to apply for next year's student finance as soon as possible. Student Finance organisations are encouraging students to apply for their tuition fee and maintenance loans, grants and allowances on-line, before their specified deadlines.

This will ensure that you receive the funding you are entitled to at start of term in autumn 2019. A PR1 form can be completed online or download from the following websites:

Welsh students: [www.studentfinancewales.co.uk](http://www.studentfinancewales.co.uk)

English students: [www.gov.uk/student-finance](http://www.gov.uk/student-finance)

Scottish students: [www.saas.gov.uk](http://www.saas.gov.uk)

Northern Ireland students: [www.studentfinancenir.co.uk](http://www.studentfinancenir.co.uk)

For further information, please visit the relevant website or contact the Money Support Unit.

☎ 01248 383566 / 383637

✉ [moneysupport@bangor.ac.uk](mailto:moneysupport@bangor.ac.uk)

## Final Year Undergraduate Students: Check your HEAR and BEA!

When you graduate, you will receive a HEAR report from the University that itemises your achievements, both academic and extracurricular. You can check which extracurricular achievements will appear on your personal HEAR by logging onto the My HEAR page on [My Employability Hub](#), My Bangor.

All activities must be logged via My Employability Hub by **5pm, 15<sup>th</sup> May, 2019**  
To request to remove or edit information from the My HEAR page, please email [employability@bangor.ac.uk](mailto:employability@bangor.ac.uk) before **5pm, 15<sup>th</sup> May, 2019**

If you'd like to complete the BEA this year, please let us know by filling out this short online form as soon as possible: <https://www.bangor.ac.uk/careers/finalists/index.php.en> (log in required)

The deadline to complete the BEA will be **5pm, 15<sup>th</sup> May, 2019**.

### Help & Support

Help and support in using My Employability Hub and logging activities for the HEAR and BEA is available by emailing [employability@bangor.ac.uk](mailto:employability@bangor.ac.uk)



# GRADDIO ELENI?



Gwiriwch eich HEAR

Cwblhewch y GCB

ar Fy Hwb Cyflogadwyedd  
[my.bangor.ac.uk/cyflogadwyedd](http://my.bangor.ac.uk/cyflogadwyedd)  
5yh, Dydd Mercher, Mai 15<sup>fed</sup>



# GRADUATING THIS YEAR?

Check My HEAR

Complete the BEA

on My Employability Hub  
[my.bangor.ac.uk/employability](http://my.bangor.ac.uk/employability)  
5pm, Wednesday, 15<sup>th</sup> May

Gwasnaeth  
**Sgiliau a  
Chyflogadwyedd**

**Skills &  
Employability  
Service**

[my.bangor.ac.uk/cyflogadwyedd](http://my.bangor.ac.uk/cyflogadwyedd) |  
[my.bangor.ac.uk/employability](http://my.bangor.ac.uk/employability)

[cyflogadwyedd@bangor.ac.uk](mailto:cyflogadwyedd@bangor.ac.uk) |  
[employability@bangor.ac.uk](mailto:employability@bangor.ac.uk)



@PBcyflogadwyedd  
@BUemployability



GCB – Gwobr Cyflogadwyedd Bangor  
BEA – Bangor Employability Award



/gyrfaoeddbangor  
/careersbangor

01248 382071  
[bangor.ac.uk](http://bangor.ac.uk)

Gwasnaethau Myfyrwr Mawrth 2019 / Student Services March 2019



The graduation website is now live at: <http://www.bangor.ac.uk/graduation> and has information on the ceremonies, what to expect, where to go and what to do.

## Attendance

All students eligible to attend Graduation need to inform the Graduation Team whether you will be attending the ceremony by **31 May 2019**, by following the link to register [here](#)

## IMPORTANT

If you feel you may have difficulties, including queuing or getting onto the stage, please contact us here in the Disability Service, ✉ [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk), so that we can put any necessary arrangements in place.

## FAQs:

**Q: How many tickets will I be allocated?**

A: Every graduand (the person graduating) who wishes to attend the ceremony will be allocated up to two guest tickets, which will cost £12.00 each.

**Q: Do I need tickets for children?**

A: Children under the age of 3 (up to the maximum of two per student) must sit on an adult's lap, and not on a seat. They do not require a ticket. Children aged 3 and over must have a full price guest ticket for entry to the ceremony. If you are bringing an infant to the Ceremony, who is still in a pram or push chair, please can you indicate this when you purchase your tickets. You will be asked whether any of your guests require any special arrangements. We would advise that children watch the ceremony from the Main Arts Lecture Theatre, where no tickets are required.

**Q: How long does the ceremony last?**

A: The ceremony lasts approximately one and a half hours.



## Disability Services Newsletter

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### Q: What about the departmental receptions?

A: Most departments hold their own individual receptions, either prior to or after the ceremony. You will be contacted with information on their reception direct to your home department.

### Q: I may have difficulty queuing or getting onto the stage. Who should I talk to about this?

A: Contact Disability Service as a priority, ☎(01248) 383620 / 382032, or

✉ [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk)

### Q: My guest is disabled, what should I do?

A: Please complete the section on the registration form of any additional needs your guests may have.



Want to be a Peer Guide in September?

GWASANAETHAU MYFYRWYR  
STUDENT SERVICES

Published: February 2019  
Cynhoeddiwyd: Chwefror 2019

**EISIAU FOD  
YN ARWEINYDD  
CYFOED YM  
MIS MEDI?**

OFFICIAL BANGOR UNIVERSITY  
**ARWEINYDD  
CYFOED**  **PEER  
GUIDE**  
PRIFYSGOL BANGOR SWYDDOGOL

**WANT TO  
BE A PEER  
GUIDE IN  
SEPTEMBER?**

**CYSYLLTWCH Â NI HEDDIW  
GET IN TOUCH TODAY**

**E-BOST / E-MAIL:**  
PEERGUIDING@BANGOR.AC.UK

**FFÔN / TEL:**  
01248 388356

  
PRIFYSGOL  
BANGOR  
UNIVERSITY  
bangor.ac.uk



**April 1<sup>st</sup> - 7<sup>th</sup> - Autism Acceptance Week hosted by psychsoc**

Michelle Hyde, 3<sup>rd</sup> year Psychology student, Committee Member of Psych Soc and Charity Secretary has kindly provided us with her diary of the Autism Acceptance Week:



**Monday** - Handing out information packs about autism and Autism Initiatives (charity chosen by psychsoc). People stopped by to ask questions about autism and the talks and activities that were being hosted during the week. Talk done by Dr Judith Roberts, clinical psychologist and lecturer in the School of Psychology, and a student perspective by Sabrina, a master's student within Psychology.

**Tuesday** - Wear Gold for World Autism Day, and a talk conducted by Michelle, a student within Psychology about an experience of being autistic.

**Wednesday** - Sensory day. Bake sale and sensory item arts and crafts (some materials from the craft society), with a talk from Claire, a Psychology student with a parent's perspective of autism. Student Services also had a stall to talk to people about what to do if they want to get a diagnosis and some information leaflets about Student Services.

**Thursday** - Your Best Bad Hair Day and a talk about the research perspective from Dr Tracey Lloyd, a lecturer in the School of Psychology.

**Friday** - Dress up as your favourite character and afternoon tea with cakes and sandwiches.

**Saturday** - An afternoon for information and activities with a talk from Dr Tracey Lloyd. There was a bake sale, factual leaflets, sensory crafts stall, hoody stall and a stall for the Saudi Society. The Saudi society were promoting information and research about autism. They were also discussing if people wanted to complete research into autism with genetic and/ or psychology, then funding might be available.

The whole week was hosted within the university and open to everyone within and outside of the university. Some of the local community came and discussed the availability of information and any advice we could offer them about diagnosis and where to get more information. The whole point of the week was to get more people to accept and be aware that not everyone is the same and that people with disabilities might need a little extra support. It was to get people with disabilities to try and get more help and talk to people who have the same diagnosis.

The event raised £150 for Autism Initiatives to support more people with autism; in either their day to day lives or just when things get a little much.

## Gwasanaethau Myfyrwyr

### Student Services



PRIFYSGOL  
**BANGOR**  
UNIVERSITY

- Sgiliau a Chyflogadwyedd
- Cymorth Myfyrwyr
  - Tai Myfyrwyr
  - Cymorth Ariannol
  - Iechyd Myfyrwyr
  - Newid/Gadael Eich Cwrs
- Gwasanaethau Anabledd
  - Canolfan Asesu
  - Tîm Anabledd
  - Tîm Dyslecsia
  - Cynghorwyr Iechyd Meddwl
- Gwasanaeth Cynghori
- Gweinyddiaeth Myfyrwyr
- Ennyn Diddordeb Myfyrwyr

- Skills and Employability
- Student Support
  - Student Housing
  - Money Support
  - Student Health
  - Changing/Leaving Your Course
- Disability Services
  - Assessment Centre
  - Disability Team
  - Dyslexia Team
  - Mental Health Advisers
- Counselling Service
- Student Administration
- Student Engagement Unit

[www.bangor.ac.uk/studentservices](http://www.bangor.ac.uk/studentservices)  
[gwasanaethaumyfirwyr@bangor.ac.uk](mailto:gwasanaethaumyfirwyr@bangor.ac.uk)  
[studentservices@bangor.ac.uk](mailto:studentservices@bangor.ac.uk)  
01248 382024  
Neuadd Rathbone  
Ffordd y Coleg / College Road





## Our contact details

Head of Disability Services

Carolyn Donaldson-Hughes

✉ [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk)

Dyslexia Team Manager

Jane Jones

✉ [pss204@bangor.ac.uk](mailto:pss204@bangor.ac.uk)

Senior Disability Adviser

Esther Griffiths

Disability Advisers

Ruth Coppell / Steph Horne

✉ [disabilityadviser@bangor.ac.uk](mailto:disabilityadviser@bangor.ac.uk)

Mental Health Advisers

Fiona Rickard / Cheryl Parkinson

/ Fiona Hill

✉ [mentalhealthadviser@bangor.ac.uk](mailto:mentalhealthadviser@bangor.ac.uk)

SpLD Advisers

Andrea Reynolds / Rafaela Williams

✉ [dyslexiaadviser@bangor.ac.uk](mailto:dyslexiaadviser@bangor.ac.uk)

Assessment Centre Manager

Dylan Griffiths

Study Needs Assessments

✉ [access\\_centre@bangor.ac.uk](mailto:access_centre@bangor.ac.uk)

Diagnostic Assessments

✉ [assessment@bangor.ac.uk](mailto:assessment@bangor.ac.uk)

Non-Medical Help Co-ordinator

Christine Roberts

✉ [supportwork@bangor.ac.uk](mailto:supportwork@bangor.ac.uk)

Administrator

Tracey Morris

✉ [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk)

Admin Assistant

Gemma Watts

✉ [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk)

☎ Gemma or Tracey on 01248 383620 / 382032 to make an appointment.

✉ [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk)

For details of services provided by Disability Services visit

<http://www.bangor.ac.uk/student-services/disability>

To make an appointment with the Counselling Service, ☎ Helen on 01248 388520 or

✉ [counselling@bangor.ac.uk](mailto:counselling@bangor.ac.uk)

If you do not wish to receive a copy of our quarterly newsletter, please email:

[disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk)

Student Services -  
Approved by the Matrix Accreditation Body

